Happy Holidays!

25 Ways to Teach Your Child The Spirit of Giving
(from www.onetoughjob.org)

As parents, we all want our children to grow up healthy and successful. We also want our children to be grateful for what they have been given and have compassion for those who are in need. Teaching your children the spirit of giving, showing them the importance of thinking of others, and modeling kindness are important ways to help children grow into productive and loving members of our world.

Here are twenty-five ways to teach your child giving all year long.

**Giving doesn’t require that you travel to a special destination.** Showing your child how to give can be as easy as being a good neighbor.

1. Mow your neighbors’ lawn when you know they are out of town.
2. Help elderly neighbors by cleaning out their rain gutters before the winter months set in.
3. When there is a storm, military personnel may be away from home helping others. Help their families by shoveling their driveway.
4. Especially on windy days, bring in your neighbors’ trash cans while they are away at work.
5. Bring a casserole or fruit bowl to a neighbor who might appreciate it, or reach out to someone who lives alone.
6. Leave a note on a stranger’s car wishing them a nice day.
7. When you pick up your morning coffee, pay for the person behind you.
8. Drive by the coveted parking space at the front of the store, and let someone who might appreciate it park there.
9. When you stop to pay a toll, throw in an extra dollar for the person in the car behind you. Or, add loose change to someone’s expired parking meter.
10. Offer to bag your own groceries when the cashier is working alone.

**Volunteer.** Teach your child how to give by giving something priceless—time and energy.

11. Volunteer to help in your child’s class room or to chaperone a school field trip. If you can’t help during the day, offer to help with projects you can work on at home.

12. Bring the whole family to your church or spiritual center for service and cleanup days.

(continued on p. 9)
The Lower Cape Early Childhood Council decided at its October meeting to attend the Parent Café facilitated by Cindy Horgan on Thursday, November 20 in place of their November business meeting. The topic of the Parent Café will be “Strategies for Welcoming Media into our Families”. This topic ties in with the Council’s focus on media and families.

Parents and others who do not attend Council meetings are also invited to attend this program. The Parent Café will be held at Cape Cod Children’s Place, 5:30-7:30 pm. Dinner and child care are included, and pre-registration is required; call 508-240-3310. Funding for this program is provided by a Family Centers grant from the Children’s Trust, and a Coordinated Family and Community Engagement grant from the Dept. of Early Education and Care.

Cape Cod Children’s Place welcomes two new staff members in November. Meghan Kemp, parent of two young children who lives in Brewster with her husband, Matt, will take the position of Grants and Marketing Coordinator. She replaces Elizabeth Aldred, who will retire at the end of December, after working for Cape Cod Children’s Place since 1994. Meghan has used many of our programs and comes with extensive experience in grant writing, fundraising and development.

Anna Swaby, also a parent of two young children, living in Truro with her husband, Jody, will join the Family Support team and work as a Family Support Specialist, helping families to find resources and information. This is a new position, created to expand access to services for local families.

We welcome both Meghan and Anna. Call Cape Cod Children’s Place for more information at 508-240-3310.

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**Welcome!**

Cape Cod Children’s Place has childcare subsidy funds available through the following sources:

- **Brewster Childcare Scholarship Fund**: available to Brewster families with children aged birth-5 years.
- **Lower Cape Emergency Childcare Fund**: available to families in all towns on the Lower and Outer Cape, with children from birth through school age.
- **Wellfleet Childcare Subsidy Program**: available to Wellfleet families with children aged birth-5 years.

All subsidy funds in these programs are available no matter what program the child may be enrolled in. Contact Karen or Elizabeth at 508-240-3310 for information, or visit www.capecodchildrensplace.com to download application forms.

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**The Lower Cape Early Childhood Council**
Sharing Family Traditions With Your Child

*adapted from www.zerotothree.org

Traditions—routines and rituals that we repeat across time and across generations—provide a sense of family connection and family identity. Young children, who already thrive on routines, seem to especially enjoy participating in family traditions. Also, traditions are special times, usually full of love and a sense of closeness and nurturing. Here are some tips to including young children in your family traditions.

*Share family stories and songs.*

Sing a lullaby your mother or father sung to you. Choose stories about when you were a child—games you played, places you visited, funny things your pets did.

*Remember that it’s the journey, not the destination.*

For example, you and your child might have a ball baking a special family recipe together, but then your child won’t take a bite. The memory of pouring, stirring, and mixing is more important than the tasting.

*Set your child up for success.*

Think about what role your child might have in a particular family ritual. If decorating your home is a holiday tradition, look for child-safe decorations that your child can help you hang.

*Linger.* Think about how good it feels to be with someone who enjoys being with you and doesn’t rush you.
**Raising Healthy Boys**

*Tuesday, November 18, 2014*
*5:30-7:30 p.m.*
*Brewster Baptist Church*
*1848 Main Street, Brewster*

Join Cindy Horgan, Executive Director & Family Support Coordinator for Cape Cod Children’s Place and discover the unique needs of boys as they grow and develop. Learn to promote skills that support their healthy emotional development and how to recognize the impact of media, culture and technology on boys and the messages they take from these influences. Become aware of current trends that affect boys and learn to support our boys as they make sense of the process of growing up.

**Free.** Dinner and childcare will be provided. Pre-registration is required; call 508-240-3310. Please indicate if you are in need of transportation.

**Funding Provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place.**

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**Parent Café**

*“Strategies for Welcoming Media into our Families”*
*Thursday, November 20, 2014*
*5:30-7:30 pm*
*Cape Cod Children’s Place*
*10 Ballwic Rd.*
*Eastham*

With Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place. Technology is here to stay. How do we help our children have a healthy balance? Come join us for a relaxing evening of dinner and conversation among friends. You’ll have an opportunity to share experiences, ask questions and help plan for future topics of discussion.

**Free.** Pizza dinner and childcare included with registration. Pre-registration is required. Call Cape Cod Children’s Place at 508-240-3310. Please indicate if you are in need of transportation.

**Funding support provided by a Family Centers grant through the Children’s Trust and a Coordinated Community & Family Engagement grant through the Mass. Dept. of Early Education and Care, administered by Cape Cod Children’s Place.**
## November 2014

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Waste Not, Want Not; Nutrition That Makes “Cents”

*Thursday, November 13, 2014*  
5:30—7:30 pm  
*Cape Cod Children’s Place*  
10 Ballwic Rd. (off Nauset Rd.)  
*Eastham*

Keeping your family healthy on a budget can be challenging. But that doesn’t mean it’s impossible! Join Judy Welch for a cooking demonstration and discussion on how to shop locally for your family’s food. Topics will include: planning for affordable family meals, what foods (including organic) to look for in your local grocery store, how to make meals that last, and more!

**Free.** Dinner and childcare included. Pre-registration is required; call 508-240-3310.

*Funding support provided by a Family Centers grant and a grant from the Cahn Funds for Social Change, through the Children’s Trust, administered by Cape Cod Children’s Place.*

Toilet Training 101: Everything you wanted to know about potty training and more!

*Tuesday, December 2, 2014*  
5:30-7:30 pm  
*Wellfleet Elementary School*  
100 Lawrence Rd., Wellfleet

With Cindy Horgan, Executive Director & Family Support Coordinator for Cape Cod Children’s Place. Come join us for a workshop that covers signs of readiness, individual child temperaments, and how to support your child through the potty training process.

**Free.** Dinner and childcare will be provided. Pre-registration is required. Call CCCP to register: 508-240-3310. Please indicate if you are in need of transportation.

*Funding support provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place.*
News You Can Use...

Infant Feeding Group:
Wednesday, November 19
10-11 am
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans

Happiest Baby on the Block:
Wednesday, December 3
10-11 am
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans

Kennedy Donovan Center
Family Support Networking Group:
Connect with others for support, information, advocacy, discussion, encouragement, and new possibilities! Open to everyone: parents, teachers, caregivers, siblings, and special needs individuals of all abilities.

Tuesday, November 25, 2014 & Tuesday, December 23, 2014
10:30 am—12:00 pm
At Eastham Senior Center, 1045 Nauset Rd. Contact Juliane Dillon at 508-385-6019 or jdillon@kdc.org

Parent Information Network (PIN) Parent Support Coffee/Tea Group:
November 4 & December 2
(first Tuesday of each month)
8-9:30 a.m.
Hearth n’ Kettle
9 West St., Orleans
For families who are challenged by children’s mental health, emotional, or behavioral needs. Cup of coffee/tea provided. Sponsored by the Parent Information Network (PIN), a BAMS program funded by the Massachusetts Department of Mental Health. Information: Kimberly Eldridge at 508-947-8779 ext. 229 or capepin@bamsi.org.

MotherWoman Support Group—Circle of Moms:
Thursdays
10 am—12 pm
701 Airline Road, Brewster /Dennis line
For pregnant & postpartum women and their babies up to 1 year old. Snacks, childcare & limited transportation available. For more information & to register: 508-775-6240 x512.

Father & Baby Pizza Party
Thurs., December 4, 2014
6-8 pm
Cape Cod Hospital
Lorusso Conference Center
27 Park St., Hyannis

Head Start Home-Based Program:
Head Start offers a home-based program for children of preschool age and their families. This program is available on the Lower and Outer Cape, although there is no Head Start classroom in this region. The program includes a weekly 1.5 hour visit in your home, and two socialization groups per month in a community setting. For more information, call Jennelle Klun at 508-775-6240 x 326.

Nauset Regional High School
100 Cable Rd., Eastham

Higher Ground String Band—Trevor the Juggler—Mr. Turnip Head Contest—face painting—turnip arts & crafts—turnip bowling—festival market place featuring farmers & artisans selling Thanksgiving essentials. For more information, contact Marianne Sinopoli, msinopoli@clamsnet.org or 774-722-4562. Or visit www.easthamlibrary.org.

Eastham Turnip Festival
Saturday, November 22, 2014
1—4 pm

Rocking Unicorn Nursery School
The Rocking Unicorn Nursery School in Chatham has full/part time slots available for the 2014-2015 school year. Please visit www.therockingunicorn.com and call Gretchen @ 508-945-0611 to schedule a visit.
13. Volunteer to deliver items or staff the pick-up booth for sports and civic groups in which your child is involved.

14. Volunteer on any day of the year.

15. As a family, pick a local place to volunteer, and make it a family date once a month or whenever possible.

16. If you can’t find a volunteer opportunity in your area, create one. Use United We Serve’s toolkits to help design a service project for your family.

**Donate.** Giving away unused and gently used items is a great no-cost way to show your child how to help someone in need. In addition, helping to meet life-saving needs will show your child that we are all important and connected.

17. Donate clothing that no longer fits your child to local organizations or clothing banks. Drop boxes are now available at many conventional locations.

18. Give old blankets to your local pet shelter. Donate unopened pet supplies, such as pet food, cat litter, training pads and other necessary pet items.

19. Send your child to school with an extra set of some school supplies, such as pens, pencils, folders, or paper. Leave a note letting your child’s teacher know the supplies are for any one who can use them.

20. Give blood and consider becoming a bone marrow donor.

**Give.** You don’t have to give much, but monetary donations are always needed. Give when and if you can.

21. As a family, pick a cause or charity to which you are interested in giving.

22. Give your child a three-part piggy bank—one section for saving, one for spending, and one for donating. Let your child decide to which charity to donate money.

23. In lieu of a gift, give to the favorite charity of a person close to you or in memory of someone special.

24. Organize a bake sale or lemonade stand with your kids and give your proceeds to a charity.

25. Participate in #Giving Tuesday. Give and/or share #Giving Tuesday efforts with your friends, family, and social networks.

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**Lower Cape Outreach Council**

*Do you need help?*

**Do you need food, clothing or short term economic assistance to tide you over a crisis?**

If you live in the town of Harwich, Brewster, Chatham, Orleans, Eastham, Wellfleet, Truro or Provincetown…

*HOPE* is just a phone call away!

**By phone:** 508-240-0694
**By email:** lcoc@lcoutreach.org
**By mail:** P.O. Box 665, Orleans, MA 02653
**In person:** 19 Brewster Cross Road, Orleans, MA 02653

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**The Food Source Hotline: 1-800-645-8333**

Hotline Hours: M-F 8 am—7 pm & Sat. 10 am—2 pm

Project Bread’s toll-free Food Source Hotline screens callers for eligibility for SNAP and help them with the application. Their goal is to help the caller find as many resources as possible to put good food on the table. When relevant, they also connect callers with utility, fuel assistance, and Mass Health. And all information is kept strictly confidential.
HELPFUL FAMILY CONTACTS & RESOURCES

For a more comprehensive list of resources and services check out The Lower Cape Family Resource Guide on-line at www.capecodchildrensplace.com or request a copy at 508.240.3310.

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<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Description</th>
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<tbody>
<tr>
<td>A Baby Center</td>
<td>508.771.8157</td>
<td>Basic items for infants and toddlers up to age three living on Cape Cod and Islands</td>
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<tr>
<td>Al-anon</td>
<td>508.394.4555</td>
<td>Offering support for friends and families of problem drinkers</td>
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<tr>
<td>Cape &amp; Island Breast Feeding Warm Line</td>
<td>888.890.2229</td>
<td>Lactation services and classes are available to local Cape and Islands mothers</td>
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<tr>
<td>Child Support Enforcement-Mass DOR</td>
<td>508.771.2414 x 3</td>
<td>Assistance in enforcing the financial responsibilities of parenthood</td>
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<tr>
<td>Consumer Credit Counseling</td>
<td>800.208.2227</td>
<td>Budgeting and debt consolidation assistance</td>
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<td>Family Support Program and Maternal Depression/Cindy Horgan</td>
<td>508.240.3310</td>
<td>Free referrals to parenting resources, child and family therapists, etc.</td>
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<tr>
<td>Fuel Assistance Program</td>
<td>508.746.6707</td>
<td>Emergency fuel/heating help</td>
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<td>Healthy Connections</td>
<td>508.255-1903</td>
<td>Referrals for free/low cost health insurance</td>
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<tr>
<td>Homeless Prevention Council</td>
<td>508.255.9667</td>
<td>Counseling, advocacy, resources and referral services</td>
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<tr>
<td>Independence House</td>
<td>508.771.6507</td>
<td>Cape Cod’s Resource Center for Victims &amp; Survivors of Domestic Violence &amp; Sexual Assault.</td>
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<tr>
<td>La Leche League/Gabrielle</td>
<td>508.237.8786</td>
<td>Providing education, information, and support to women who want to breastfeeding</td>
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<tr>
<td>Lower Cape Outreach Council</td>
<td>508.240.0694</td>
<td>Providing short-term emergency assistance to Lower Cape families and individuals</td>
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<td>Mass APEAL</td>
<td>508.349.1173</td>
<td>Free clothing as well as information on Serve New England Program</td>
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<td>MSPCC</td>
<td>800.272.9722</td>
<td>Protecting and promoting the rights and well-being of children &amp; families</td>
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<td>Outer Cape Health Services</td>
<td>508.349.3131</td>
<td>Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation</td>
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<td>Outer Cape Women, Infants and Children’s (WIC) Nutrition Program</td>
<td>800.675.1188</td>
<td>Supplemental foods, health care referrals, and nutrition education</td>
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<td>Parental Stress Line</td>
<td>800.632.8188</td>
<td>A free, confidential, and anonymous 24-hour parent helpline for parental support</td>
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<td>Provincetown Family Resource Center</td>
<td>800.871.9535  or</td>
<td>Providing support, referrals, and financial aid through the John A. Henry Trust administered by</td>
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<tr>
<td>WE CAN</td>
<td>866.430.8111</td>
<td>Assisting Cape Cod women through the transition of divorce, career change or growth, job loss,</td>
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